



Vol. 60 No. 49

Friday, December 5, 2003



Santa Spreads Holiday Cheer in GTMO

Above: Santa and his helpers catch a sleigh ride to the Navy Exchange for the annual holiday program. Left: Santa chats with children and adults to see what's on everyone's wish list. For more holiday happenings, see page 6.

NEWS BRIEFS

SPOA to Elect New Officers

Looking for a way to get involved in the GTMO community? Join your peers at the next Senior Petty Officers' Association (SPOA) meeting and discover how you can give back to GTMO!

At the next SPOA meeting, nominations and elections will be held for new officers - President, Vice President, Secretary, Treasurer, Public Affairs Officer, and Master-at-Arms. The meeting is today at 11:30am in the Acey Deucey Club at the Windjammer.

The SPOA is active in many different areas throughout the base, providing scholarships for high school seniors, hosting the annual Pumpkin Patch for GTMO children and helping junior personnel with advancement support such as Petty Officer Indoctrination.

Meetings and membership is open to all first and second class petty officers attached to NAVSTA, JTF and U.S. Coast Guard.

TRICARE News for Newcomers

When you check in at Naval Hospital GTMO, stop by the TRICARE Service Center to fill out a new enrollment form.

Active duty personnel who PCS to GTMO must enroll in TRICARE Prime. Accompanying active duty family members may choose to enroll in Prime or maintain their Standard benefit. Retirees and other non-active duty beneficiaries are not eligible for TRICARE Prime while in GTMO. Direct healthcare services are available for all residents while in GTMO.

Here are some quick reference numbers for those new to GTMO: 911, for a medical (or other) emergency; 7-2690, Emergency Room; 7-2110, for routine medical appointments.

For more information, visit the TRICARE Service Center at the hospital or call Barbara Donaldson at 7-2017.

PTO Needs Volunteers

The PTO is looking for volunteers to fill board positions. Persons are needed to fill the positions of Parliamentarian, 2nd Vice President and Secretary. If interested, call Stephanie, 7433, or Julie, 5736.

Also needed are volunteers to help with the Holiday Wonderland at the school store. Dates needed are between Dec. 1 - 16.

Caution:
Iguanas Crossing
After the Christmas parade expect to see more Iguanas along the roadside searching for leftover candy that was tossed from the floats.



Let's give the "Iggys" a break. Please drive carefully and have a happy holiday!

GTMO Christmas Ornaments

The PTO is selling Christmas Ornaments at the NEX Atrium from 9am to noon on Saturday, Dec. 6. Christmas Ornaments are \$10. Also on sale, Botany CD's for \$10. Holiday Specials include: an Ornament & Cookbook, \$15; Cookbook, \$8. These two holiday specials are in effect through January 9, 2004.

Print Cartridge Recycling

The PTO is helping clean up our community and earn cash for our school, too! If you have just used the last of your printer's ink making this year's Christmas cards or printing out family photos, don't throw that empty cartridge in the trash. The PTO wants it!

You can drop off your empty print cartridges at the elementary school front office. Also, keep an eye open in the community, the PTO hopes to have recycling boxes posted throughout the base in the near future. Thank you again for your support of our children and the W.T. Sampson school. Should you have any questions, contact Julie at 5736.

DRMO Availability

DRMO is open until Dec. 13. To schedule appointments for turn in of property contact Bob Saxman at DSN 467-2233 or Commercial 321-853-2233

U.S. Naval Base
Guantanamo Bay, Cuba

Gazette

Vol. 60 No. 49
Friday, December 5, 2003

Commander, Naval Base
CAPT Les McCoy
Chief Staff Officer
CDR Rick Holt

Command Master Chief
CMDCM(SS) Al Steiner
Public Affairs Officer
JOC Richard Evans
Gazette Editor
JO1 Amy Kirk

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Phone: 4502, Fax: 4819
E-mail: pao@usnbgmtmo.navy.mil
Gazette On-line:
www.nsgtmo.navy.mil

NAVSTA CO, XO Talk Turkey



While lending a helping hand to the galley staff, NAVSTA's commanding and executive officer wished many residents a happy Thanksgiving as they passed through Quick Hall Galley. Left: NAVSTA CO, Capt. Les McCoy showed off his carving skills, while XO, Cmdr. Rick Holt dished out hearty helpings to all who passed through his line.

Navy Information, Tickets and Travel Offices Key to Vacation Savings

By Ingrid Mueller
Navy MWR Communications Group

Located on virtually every naval installation around the world, Navy Information, Tickets and Travel (ITT) offices are the key to savings for Sailors and their families looking for discounted tickets to local and national attractions, vacation cruise packages and special events.

"ITT is what we consider 'the front door' to Navy Morale, Welfare and Recreation (MWR)," said Karen Fritz, program manager for Navy MWR's ITT Section. "ITT offices can provide Sailors with information on the types of programs and services that MWR offers on the base, as well as details on community events and any national or local tickets, attractions, travel and tourism items that we've been able to negotiate at a discounted price," she said.

Fritz added, "ITT also has tickets for amusement parks, museums and hotel discounts, just about anything to help Sailors and their families enjoying their leisure time at a substantial discount."

Like other MWR programs, proceeds from ITT sales are put back into supporting the local MWR operation. "Sailors benefit from volume discounts, as the more tickets that ITT sells, the more of a volume discount we are able to offer to them," explained Fritz.

"In addition, we ensure that Sailors are afforded the same leisure opportunities, no matter where they are stationed," she said. "So someone who is stationed in Singapore, for example, is paying the same as a Sailor stationed in Norfolk for a Disney theme park ticket."

Want information about the services provided by GTMO's ITT Office? Contact Andre Gordon, ITT Manager, at 5586 or stop by the ITT office located inside the Bayview Club.

Overseas ITT offices focus primarily on international trips and tours to help Sailors and their families experience the area in which they are stationed and provide them with the opportunity to learn about new cultures and people. Each year, about 30,000 Sailors and their families take advantage of international trips available through overseas ITT offices.

ITT operations save Sailors and their families about \$15 million each year. One of the best deals available through ITT is a vacation cruise package.

"We have great military discounts for cruises," said Fritz. "The local ITT office can help book your entire cruise package, including the cruise itself, hotel and airline reservations and travel insurance. We've negotiated significant military discounts with the cruise lines, some of which are only sold through ITT offices."

For those who don't have their own computers and simply want to book plane tickets, ITT offers access to online travel agents via Internet computer kiosks for Sailors and their families to make their own reservations online.

"ITT offices help Sailors make good leisure choices while providing them with interesting and fun things to do which are affordable," said Fritz. "We are committed to providing the best possible programs to our customers, while ensuring Sailors get the biggest bang for their buck."

Rear Adm. Brown Presents NAVSTA Awards, Speaks with GTMO Sailors

Commander, Navy Region Southeast, Rear Adm. Annette Brown paid a quick trip to GTMO on Monday and Tuesday.

During the visit, she proudly presented awards to four outstanding Sailors during Naval Station's awards ceremony. Receiving awards were: CE1 James Ulfers and JO3 Jeremy Zeitlin, Navy and Marine Corps Achievement Medal; AT1 Tonya McKennie and AT3 Barbara Lloyd, Letters of Commendation.



After distributing awards, Rear Adm. Brown addressed the Sailors of NAVSTA.



CE1 James Ulfers has his Navy & Marine Corps Achievement medal pinned on by Rear Adm. Brown.

Task Force Uniform Completes Survey, Makes Recommendations to CNO

From Chief of Naval Personnel Public Affairs

Members of Task Force Uniform (TFU) made their first report to Chief of Naval Operations (CNO) Adm. Vern Clark recently, after having completed a comprehensive Internet survey and dozens of focus groups in fleet concentration areas.

"In the past, we have made minor quality improvements to Navy uniforms with limited scope," said Master Chief Petty Officer of the Navy (SS/AW) Terry Scott. "The formation of Task Force Uniform was about more than just making additional minor modifications. It was about ensuring we have the right uniforms for Sailors of the 21st century. We listened to Sailors and their concerns, and made recommendations based on their desires and the mission requirements of the Navy."

Several uniform and policy recommendations were approved by the CNO as a result of this report, and new uniform concepts were approved for pilot

testing throughout the Navy.

Immediate changes to Navy Uniform Regulations approved by the CNO include:

- * Revise and rewrite outdated sections of the Regulations.
- * Update photographs of all authorized uniforms.
- * Add illustrations to increase clarity.
- * Reformat the CD-ROM version to make it easier to retrieve information.
- * Create an interactive Web-based version.

The CNO directed the pilot and testing of two new uniform concepts: a working uniform for E-1 through O-10 and a year-round service uniform for E-6 and below. And he expanded TFU's tasking to examine the feasibility of a year-round service uniform for E-7 and above.

"CNO was so impressed with the careful thought Task Force Uniform put into the service uniform issue, that he wanted them to expand the scope to cover all Navy Uniforms," said MCPON.

The pilot programs will occur in

various locations throughout the fleet and will include personnel in various warfare communities at sea, ashore, overseas and in different climates. The final details and appearance of the uniforms to be tested are still being refined.

The CNO also reviewed policy concerning the use of civilian bags/backpacks, women's handbags, wireless communication devices, breast insignia and identification badges. The specific guidelines governing these items are being formulated, and Sailors should expect to see further guidance in the near future.

The recommendations made by TFU to CNO and his subsequent decisions were based on interviews with Sailors, command site visits, comprehensive research and data collected from a Navy-wide uniform survey. The survey collected feedback from more than 40,000 Sailors throughout the fleet. Other key factors that went into the decisions were military appearance, versatility, storage, safety,

see TFU, page 8

Hospital Promotes GASO Message

This year, the U.S. Naval Hospital Health Promotion team put together a program for the 27th Anniversary of the Great American Smokeout (GASO). Headed by Lt. Cmdr. Maria Agustin, the team tried to take the Smokeout message to the W.T. Sampson schools.

As part of the overall education, the team came to the high school to bring awareness of the hazards of tobacco to all students during the seminar periods on November 18th and 20th. Included in the team were registered nurse Karen Perrin, Lt. Colleen Crandall, and Lt. j.g. Janice White.

The GASO event also included participation by students in a poster contest with winners from both schools. Posters were displayed in the Subway windows for all GTMO residents to view and learn more about reasons not to smoke. Prizes were awarded to the following winners: (elementary school) Jessica Gomez, 1st Place; Sarah Theriot, 2nd place; Victoria Miller, 3rd place; (high school) Kim-Thi Hawkins, Eric Allen and Gabriel Kelly, 1st place; Angel Puckett, Sian-Day Lewis, Warith Abdullah, 2nd place.

Thank you to all of the students who participated in the poster contest, to the award sponsors and to the hospital for bringing



The elementary school poster winners (from left to right) were Victoria Miller, Sarah Theriot and Jesse Gomez.

the vital information about the ill effects of tobacco to our students.

Blue Angels Accepting Enlisted Applications

From Blue Angels Public Affairs

The Navy Flight Demonstration Squadron, also known as the Blue Angels, is accepting applications for the 2005 season.

The application deadline is April 1, 2004, and selection results will be available no later than June 1, 2004.

Navy personnel with projected rotation dates in July 2004 through February 2005 are being considered, but others may apply, pending Blue Angels and detailee approval. Personnel selected will normally detach from their present command October 2004 and report in mid-November 2004.

There are open billets at the E-5 and E-6 levels in virtually all aviation ratings. A normal tour of duty is three years and is considered Type 2 sea duty for rotational purposes. Outstanding E-4 performers will be considered.

There are also three E-5 or E-6 yeoman (YN) billets available.



Ground crews stand by as the United States Navy's precision flight demonstration team "Blue Angels" perform during the Miramar Air Show at Marine Corps Air Station (MCAS) Miramar, Calif. (U.S. Navy photo by PHAN Mark Rebilas.)

YN billets are Type 1 shore duty and only YNs completing a sea duty tour may apply.

Application details are outlined in NAVADMIN 298/03. Additional information and applications are available at www.blueangels.navy.mil or by contacting Chief Aviation Electrician's Mate (AW) L. Arrazola from January to March 2004 at DSN 658-2551/2505 or commercial (760) 339-2551/2505. After March 2004, contact him at DSN 922-2583 ext. 152 or commercial (850) 452-2583 ext. 152 or by e-mail at louis.arrazola@navy.mil.

Holiday Happenings

It's beginning to look a lot like Christmas here in GTMO as residents gathered Friday at the Downtown Lyceum to see Santa arrive, then headed to the NEX for the annual Holiday Program. After a few holiday tunes, it was off to see the Harbor Lights.

As Saturday morning broke, parents and children were off to McDonald's for a breakfast feast and photos with Santa. Driving around the neighborhoods, you could see residents breaking out all their holiday decorations. Later that evening, spectators were delighted by a few "floating" decorations during the annual Holiday Electric Light Parade.

It was a weekend jammed packed with holiday fun! Hope you found some time to enjoy all the festivities.



After all that Thanksgiving turkey on Thursday, the folks of GTMO were treated to a feast for the eyes and ears on Friday at the NEX. During the Annual Christmas Program and Tree Lighting Ceremony, guests were treated to the sounds of the season performed by children from the Child Development Center and the W.T. Sampson schools. In the center of the NEX Atrium, Christmas trees decorated by various organizations and groups on the base.





Left/Above: Pam Miller and Terri McCoy flip the switch and light up the Harbor Lights Hill. Residents can drive up and around the hill nightly to see all the fabulous decorations. Right/Below: During the annual Holiday Electric Light Parade, floats ranged from simple to extravagant.



"Are those whiskers for real?" - At McDonald's Breakfast with Santa event, GTMO children got a chance to climb on Santa's lap and give him a wish list to take back to the North Pole.



TFU, FROM PAGE 4

ease of maintenance and comfort.

"We asked a lot of very detailed questions and received some very detailed responses in return," said MCPON, who oversaw the massive effort.

Thirty seven percent of those surveyed were satisfied with uniform durability, with senior officers the most satisfied (52 percent) and E-1 - E-6 the least satisfied at 32 percent. The same figures held true for uniform fit and uniform material, with senior enlisted proving the most satisfied in those categories (51 percent) and E-1 - E-6 the least satisfied at 33 percent and 31 percent, respectively.

The survey found female Sailors were more dissatisfied than male Sailors across the criteria. Shore-duty Sailors were generally more satisfied with uniforms across criteria than Sailors on sea duty.

The Navy spends approximately \$300 million a year on uniforms, including initial outfitting, clothing replacement allowances and organizational clothing.

The vision of TFU is to give Sailors a cost-effective set of uniforms presenting a professional appearance, recognizing naval heritage, and offering versatility, safety, ease of maintenance and storage, utility and comfort.

Specific tasks included development of alternatives for a working uniform for E-1 through O-10, to be worn at sea or ashore, across all communities and a year-round service uniform for E-6 and below; to evaluate the usefulness of each uniform item against specific factors, with an eye toward reducing the number of uniform items and increasing interchangeability; and to streamline and simplify the uniform regulations into an easily understood and enforceable document.

Future updates to Task Force Uniform's success will be issued through message traffic, updates to Navy Uniform Regs, and releases available at www.news.navy.mil.

Healthy Holiday Eating - It Isn't An Oxymoron

By Lt. Ken Arlinghaus

U.S. Naval Hospital GTMO

Thanksgiving is over, and Christmas is coming. Most people tend to use this time of year as an excuse to eat to excess. But that doesn't have to be the case. You can enjoy all those holiday goodies without having to buy new pants when it's all over.

The 5-7 Pound Holiday Bulge

The average American gains 5-7 pounds during the holidays. Did you know it takes 24,500 extra calories to gain seven pounds? You may be thinking, "I could never eat that many extra calories!" However, let's set up a typical scenario: Thanksgiving Day came, and you gorged yourself on turkey, stuffing, mashed potatoes, pie, and fresh baked bread. You forfeited your workouts for the whole weekend. You feel sluggish and guilty. Next comes the beginning of the Christmas holidays with candy, baked goods, potlucks and parties. You suddenly realize you haven't worked out in two weeks. You think, "Why start now? I feel so gross. I'll wait until January 1st."

More parties follow. Your own baking and lots of family get-togethers result in lots more overeating and under exercising. You vow to never do this again; next year you'll have a plan; you won't give in and you won't eat everything in front of you!

Well, instead of planning for next year, why not start this year with a plan?

Plan Not To Gain Too Much!

Begin your plan by realizing you will probably gain some weight. It's not a crime to enjoy yourself and gain a few (1-2) pounds during the holidays.

Next, take a look at all of your holiday parties. Put them in red or highlight them in your schedule. In a different color, go through and write out your workouts from now to New Years. Schedule at least four workouts per week. They may not be all at the gym. They could include a bike ride, unit run, or even a game of basketball with your friends or unit. (Hint to party planners: GTMO is a great place to include basketball, volleyball and other outdoor activities during your holiday festivities.)

Finally, write out some holiday nutrition goals. Put them in your planner, on your refrigerator, or on your computer. Enlist a friend or coworker to help you. Goals may include: two servings of fruits and three servings of vegetables per day; 10 cups water per day; three meals with snacks as needed (no skipping meals); and bringing a healthy selection of holiday goodies to your parties.

Be A Picky Eater

This is a time to enjoy family and friends and rich traditions. But it is not a time to lose all self-control and throw your goals out the window. Be a picky eater! That is the best compliment you can receive. Don't just eat it because it's there. Pick and choose. Your body deserves the very best.

Party Tips

Don't go to any party hungry. A light snack before the event will help you from overeating. Try to avoid those little cheese cubes - many of them have 7-10 grams of fat per cube.

Don't forget to drink plenty of water! It's much more calorie friendly than so many other holiday favorites. Many of those drinks have the same calories as a dessert!

Above all, stay positive. You don't have to gain extreme weight during the holidays! You can keep on track, eat smart and stay healthy and still enjoy yourself.

Winter Safety Standdown

9am to 3pm, Wed. Dec. 10 at the Windjammer

The entire GTMO community is invited to stop by and view the various safety displays. Attendance is mandatory for all NAVSTA personnel. It takes approximately one hour to tour the different displays and booths.

Fleet & Family Support December Classes

Dec. 8 - First Time Home Buying, 6-7:30 pm, Training Room - Considering buying a home in the near future, this class is for you. Learn to calculate what type of home you can afford. Find out if you qualify for a mortgage loan and the types available. Learn about closing costs and more. A house is one of the biggest investments you will ever make. Be informed and make the right decision for you and your family.

Dec. 12 - Smooth Move Seminar, 8am-noon, Training Room - Getting ready for a PCS move? Wondering what you need to do? This workshop is for everyone, experienced or not, who is leaving GTMO. You will receive information on packing and protecting your belongings, weight allowances and dealing with the moving company, travel and car allowances, budgeting for your move, house hunting hints, information on your upcoming duty station and community, and much more.

Dec. 15-19 - Base Indoc, 7:30 am - 4pm, Training Room - Representatives of all departments and the community get together for the newcomers orientation.



You're Invited!
**United Jamaican Fellowship
 & the New Life Fellowship
 Christmas Gospel Sing**

7pm - Friday, Dec. 19

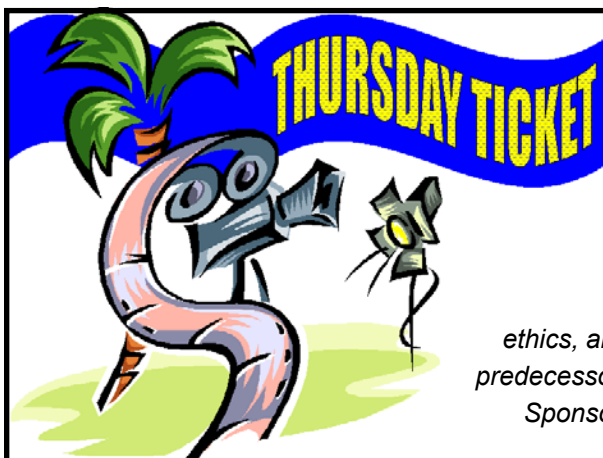
W.T. Sampson Elementary Amphitheatre

NAVSTA Chapel Holiday Celebrations

**Christmas Tree Lighting
 & Christmas Chapel
 Community**

**Filipino & Jamaican
 Worker Appreciation
 Celebration**

**Monday, December 15th
 7pm - NAVSTA Chapel & Fellowship Hall**



**Thursdays at 7pm
 Camp America BLDG. 3203
 FEATURE PRESENTATION:**

*Each week will feature a
 contemporary movie followed by a
 period of discussion. We will be
 dealing with leadership issues,
 ethics, and morals. Join us to learn from our
 predecessors and grow as a soldier and a leader.
 Sponsored by the JTF Chaplain Section.*

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
 Daily Mass (Cobre Chapel) 1130

Wednesday

Holy Hour/Rosary 1700
 (Cobre Chapel)

Saturday

Reconciliation 1630
 Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
 La Santa Misa (Spanish) 1015
 Eucharistic Adoration
 (Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Sunday School 0930
 Services - Main Chapel 1100
 Children's Sunday School 1130

New Life

(Main Chapel) **Sunday**
 Worship Service 1300

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday
 Sunday Sacrament 0900

Monday

Family Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Filipino Christian Fellowship

(Sanctuary A) **Sunday**
 Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**
 Worship 2000

Pentecostal Gospel Temple

(Room 13) **Sunday**
 Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**
 Divine Service 1100

Islamic Service

(Classroom 18) **Friday**
 Worship 1300

United Jamaican Fellowship

(BLDG. 1036 - Next to Phoenix Cable)
 Sunday Service 1100 & 1830

Camp America Chapel

Protestant Service Sunday

Seaside Galley 0900
 Wood Chapel 1900

Wednesday

Wood Chapel 1800

Roman Catholic

Sunday

Wood Chapel 1700

**For information about Sunday
 School, Education Programs,
 Bible Study, Prayer Groups,
 etc., call the chapel at 2323.**

GTMO SHOPPER

School Lunch Menu Dec. 8 - 12

- MONDAY -

Hot Dog w/Cheese,
French Fries,
Mixed Vegetables,
Apple Wedges,
Milk

- TUESDAY -

Fish Sticks,
Macaroni & Cheese,
Green Beans,
Fruit Cocktail, Milk

- WEDNESDAY -

Meatball in Sauce,
Mashed Potatoes,
Peas & Carrots,
Orange Wedges,
Milk

- THURSDAY -

Combination Pizza,
Buttered Corn,
Carrot Sticks,
Sliced Peaches,
Milk

- FRIDAY -

BBQ Chicken,
Potato Wedges,
Tossed Salad,
Orange Wedges,
Milk

FOR SALE

(1) Daybed sheet/comforter set w/xtras: coord sheet set, comforter, dust ruffle, 3 std shams, curtains, coord table topper and bedside lamp. FMI, call 5666 AWH leave name/ph#/msg.

(1) MP3 player, like new, includes software, manual, headphones, USB cable, and 2 new-in-pkg 128MB smart media cards. Sounds great!!! 5 hrs total music storage. FMI, call 5666 AWH.

(1) Oak Entertainment Center, \$50 OBO. Call Meggan at 2465 for details.

(1) Penn 5600L Reel - brand new, never used, \$100. Call 7177.

(1) Compaq Presario s3300nx - CD writer, DVD drive, keyboard, mouse, 15" flat panel monitor, speakers, 640c HP color printer, microphone, web cam - \$1,600 neg. FMI, call Granville, 7384.

(1) Kinderkraft convertible crib and changing table - crib has built in drawers and converts to toddler bed and/or twin bed. Changing table converts to work/drawing table. Excellent condition. \$400 OBO. Call 7741 AWH.

(2) Men's "SCUBAPRO" dive fins, size large, well worn but work perfectly, \$10. Call Jan, 2650.

(2) Furniture for sale - Complete Queen size bed with dresser/mirror, two nightstands and 5 drawer chest, one year old, \$1,000; New O'Sullivan cherry wood computer desk with extension, \$150; two new O'Sullivan Bookcases, \$50 each; new love seat never used, \$150. Call 3462 or 7379.

(2) 2001 Gateway PC Windows ME Edition with color printer, \$300. Call 3462 or 7379.

(2) Desktop computer, monitor, zip driver, CD writer, DVD player, color printer, scanner, two speakers, microphone, keyboard, and mouse. \$900 OBO. Call Eileen at 7088.

(2) 27" JVC TV and a 5 disc Panasonic DVD surround sound player. FMI, call 7973.

(2) ITEMS FOR SALE - Queen bed w/ 4 month old Sealy Posturepedic. Twin dark wood bed w/ trundle. Large entertainment center with LOTS of storage for dvd, cd's, books. FMI call 7105.

(2) 530 lbs. of standard free weight plates. 50 lb. - 1.25 lb. plates. 7 ft. and 5 ft. standard bars, husky standard dumbbell handles with 4 sets of quick release collars. Parabody heavy-duty adjustable incline bench and many extras. \$500.00 cash, firm. Call Burt at 7368 after 6pm.

(3) Indoor/Outdoor plants. FMI, call 3243.

(3) ITEMS FOR SALE - Trundle bed,

complete, \$50 OBO; ERNO surfboard, \$140 OBO; 26' mountain bike, \$30 OBO, two outdoor benches, \$10; dog kennel, Igloo, large, \$20 OBO. FMI, call 5745 AWH.

(3) Queen-size sleeper sofa & love seat. Fair condition, blue w/flower print - \$100 for both OBO. FMI, call 7737 AWH.

(3) Paintball tank, PMI 68cu, 3000psi tank. FMI, call 7737 AWH.

(3) Items for sale - Chest Freezer, Fish Tank, light, filter, Outdoor lounge chairs & cushions. Call 7177.

(3) TV FOR SALE - New 19" Sanyo color television \$100 obo. Original packaging, instruction manual and warranty papers included. Call 7929.

(3) Items for sale: Jukebox, asking \$150; 2 beige carpets - 11x9, and 12x12, good condition, asking \$50 each. Call 5397.

(3) Compaq Presario 1700 Laptop Pentium III 850mhz, Microsoft XP Professional. Asking \$800. Call 7702, lv. msg.

VEHICLES/BOATS

(1) 1982 Classic BMW 528E - many extra parts - \$1,500. FMI, call 7062.

(1) 1991 Geo Tracker - new soft top and muffler, banana rat screen, \$2,400. Call 7176, lv msg. w/day and evening numbers.

NEX Holiday Events & Hours

Ladies' Night - Thursday, Dec. 11, 6 to 9pm

Kid's Day Shopping - Saturday, Dec. 13, 8 to 9am

Men's Night - Thursday, Dec. 18, 6 to 9pm

Christmas Eve - Wednesday, Dec. 24, 9am to 6pm

Christmas Day - Thursday, Dec. 25, CLOSED

New Year's Eve - Wednesday, Dec. 31, 9am to 8pm

New Year's Day - Thursday, Jan. 1, 10am to 5pm

Bring Your Children to the Craft Fair!

**Make-and-Take
Beaded Ornaments
at the Dec. 6 Craft Fair
\$5/half hour**

Sponsored by the Daisy Girl Scouts
POC Tonja Campbell 4527/7328 or
Meredith Sciacca 7314

Force Protection

When you leave GTMO for the holidays and go shopping, make sure you have your wallet, cash and credit cards after each purchase.

Energy Conservation

Don't take energy for granted. Become more knowledgeable about what you can do to be more energy efficient.

Water Conservation

Nov 24 - 30

Used 7,142,000.0
Daily avg. 1,020,285.7
Daily goal 1,000,000 gal

We were **-\$2,698** over budget for the week.

GTMO SHOPPER

(2) 1993 Sunbird Corsair, 18'.5" - OMC Cobra V-6, depth finder, stereo, all safety equipment, \$3,500. Call 5744 after 5pm.

(3) 95 Ford Escort Wagon, 106,000 miles, air conditioning, power windows, cruise control, automatic. \$3000 obo. Call Dave 7630 (h); 4482 (w).

(3) 95 Ford Explorer, Eddie Bauer its selling as is (including stereo system). Call (h) 5672 or (w) 72940.

(3) Yellow Mitsubishi 3000GT SL - great deal for \$3,000 under blue book. Car FAX certified has new rims, tires and high end stereo system. Call 8165 or pg 4084-2147.

(2) Black Chevy car, \$1,250. Good running condition. Call 7702, lv. msg.

(3) '87 Ford Tempo. Runs great. AM/FM/CD. Interior well kept. \$1,800 OBO. Call 4230/2389 DWH or 7337 AWH.

EMPLOYMENT

The following are job vacancies currently open through the Human Resources Office. Open Continuous Vacancies Practical Nurse, 1st cutoff 9/3/03, closes 8/20/04

For more information contact the Human Resources Office at 4441.

SERVICES

Will do light housework and ironing. Call 3243.

WANTED

Wanted: a Canoe. Call, (w)3339 or (h)7804.

A vehicle for five or more passengers. Call Ken at 7365.

ANNOUNCEMENTS

Galley Menu Review Board - Dec. 12 at 9am in Quick Hall. Command representatives highly encouraged to attend.

Tennis Anyone? Anybody interested in forming a tennis club for regular playing, call Pete at 8380 (daytime). Lessons and rackets available. Beginners welcome.

TUPPERWARE SALE - Dec 13, 10am to 2pm. Show your support to this 7th grade fundraiser. Cash and credit cards only please. Questions? Call Dawn at 7543.

Spouses Seminar Planning Meeting - The next planning meeting is in January. The month of December is full of events and off island trips. Have a safe and happy holiday season! The next meeting date will be posted in the Gazette and on the Roller. FMI, call Diana Schrieffer at 4620 or Julie Barnett at 5736.

Booster Club Fundraiser - Looking for a great souvenir or gift? Buy a Photo CD (\$10) or a GTMO Coloring Book (\$5). You can get them at the Elementary School office (2207) or the high school office (3500) or from Barbara Olsen at (7685). We will only accept cash. Exact change is appreciated.

Pampered Chef catalogues available. Call 7580 FMI.

LOST & FOUND

Lost: #3 wood, metal head, Tour model. Left if on either golf course, or driving range. Anyone finding it can call 5350.

YARD SALES

Saturday, Dec. 6 - CC28B, 6am to noon - lots of boys clothes, recliner and more.

Sunday, Dec. 7 - Plant Sale - various plants including Plumeria's, Banana Trees, Rose and Hibiscus plants. Also indoor plants are included. Please call 7672 or come by Deer Point 1107 on Sunday, Dec. 7 from 12:30 to 2:30pm.

Sunday, Dec. 7 - Paola Point 13, 7 to 11am - Something for everyone. No early birds!

Sunday, Dec. 7 - NH-20B, 7:30am - baby clothes (girls), toddler clothes (boys and girls), ladies clothes, toys, CDs, videos, games - more!

Sunday, Dec. 7 - NH-5A, 7am to noon - Moving Sale - furniture, sofa bed, stereo, computer games, washer/dryer, plants, 3-Dart (murals), lamps, African Buffalo mount, fishing rods, diving gear, clothes, shoes, bicycles - more!

Sunday, Dec. 7 - VL 6A, 8am - Full-sized bedroom suite, children's bedroom suite, kitchen appliances, more.

Sunday, Dec. 7 - CC15, 9am to noon - Everything must go!


Saturday, Dec. 13 - CC23C, starting at 8am - PCSing so everything must go! Girl clothes, 8mos to 6 yrs; womens and mens clothing; lots of toys and books; dinning room table. No early birds!

PETS

Seeking new home for Orange Tabby adult male GTMO cat, neutered, does well with children. Call (W)4527 or (H) 7328.

PERSONALS

Happy Birthday Daddy! We wish we could be with you. We love you and miss you. Many hugs and kisses. Jeffrey, Peyton, Conley and Mommy



The Children of GTMO present
A Christmas Dance Recital
Friday, December 5th
7pm, Windjammer Ballroom
Everyone is invited.
Admission is free.

Holiday Wonderland

The PTO Holiday Wonderland at the Elementary School Store is open to the public on Dec. 5, 8 to 11am. Come out and see all the super cool Christmas gifts and stocking-stuffers. FMI, call Stephanie at 7433 or Julie at 5736.



Reef Raiders Dive Club is sponsoring a **Going Away Dive Party for Judy Taylor**
Dec. 7 at 11am at Cable Beach.
Everyone is welcome. Bring a covered dish.
FMI or to RSVP, call 5666 AWH.

Happy Holiday's
from the PWD Plant Nursery
Our holiday schedule is as follows:
December 6 - 8:30 to 11am
& December 13 - 8:30 to 11am

LOVE ACTUALLY

Comedy/Romance
2hr 5min

Starring:
Hugh Grant,
Alan Rickman,
Emma Thompson



Set in London two months before Christmas, this story weaves together a series of touching and hilarious love stories, leading up to a big climax on Christmas Eve. One of the threads follows the brand new (unmarried) Prime Minister of the United Kingdom, who on his first day in 10 Downing Street falls in love with the girl who brings him his tea. Another story follows the relationship between a stepfather and his young stepson.

BEYOND BODERS

Drama/Romance
2hr 7min

Starring:
Angelina Jolie,
Clive Owen,
Noah Emmerich

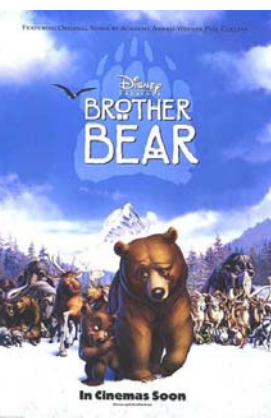


When a sheltered American socialite living in London meets a renegade doctor, his commitment to humanitarian efforts in war-torn nations moves her deeply. Driven by her passion for him and his life's work, she risks everything to embark on a perilous journey that leads to the volatile far corners of the earth.

BROTHER BEAR

Animation/Family
1hr 20min

Starring the voices of:
Joaquin Phoenix,
Rick Moranis,



A story of a boy whose life takes an unexpected turn when the Great Spirits transform him into a bear-the creature he hates the most. Befriended by a bear cub, he sets out to regain his human form while his brother (who doesn't realize he is a bear) pursues him on a mission of revenge and family honor.

Movies

FRIDAY, DEC 5

7pm Brother Bear
PG 97min

9pm The Fighting
Temptations
PG13 121min

SATURDAY, DEC 6

7pm School of Rock
PG13 110min

9pm Beyond Borders
R 127min

SUNDAY, DEC 7

7pm Love Actually
R 125min

MONDAY, DEC 8

7pm Cold Creek Manor
R 125min

TUESDAY, DEC 9

7pm Beyond Borders
R 127min

WEDNESDAY, DEC 10

7pm Master & Commander:
The Farside of the World
PG13 123min

THURSDAY, DEC 11

7pm The Matrix
Revolutions
R 130min



Army vs Navy Flag Football

December 5

8pm Cooper Field

Come see who walks away
with the GTMO Cup.

FMI, call 2193.

Youth Center

December 6

Arts & Crafts Night

FMI, call 4658.

Teen Center

December 6

GTMO Queen Party

FMI, call 4658.

MWR Craft Fair

December 6

9am to 1pm

at the Windjammer

FMI, call 4795.

Army vs Navy Paintball Tournament

December 6

10am - Paintball Range

25 person teams

FMI, call 2345.

Holiday Boat Parade

December 13

6pm at the Marina

Enter your own boat

or use one of the marina's

FMI, call 2345.

Parent's Night Out

Dec 20th 6:30pm to Midnight

A reservation fee of \$2.50 is due by
Dec 17th to hold a spot for your
child(ren). An additional fee of \$1.50 is

due for each additional child. The
reservation fee is non-refundable. One
hour-\$2.50, two hours-\$5.00 and three
or more hours-\$12.00

FMI, call 3664

For more information on any of the
events listed above, call 5225.